BAR HILL NEWS

Brought to you by the Bar Hill Community Association
May 2025 Issue 668

THIS MONTH: 30 Mile Memory Walk in May (Page 6), Vets for Pets (page 13), Maple Surgery Update (Page 16), Preschool Update (Page 21), Primary School (Page 23), Tennis & Pickleball (Page 25), Primary School PTA (Page 31), BOBS (Page 39)

PAIN AND INJURY CLINIC

MOVE FREE CHIROPRACTIC

Live life pain-free, naturally!
Start your journey back to better health.

WHAT WE TREAT.

- Back Pain
- Neck Pain
- Pelvis and Hip Pain
- Headaches
- Sciatica
- Postural Problems
- Jaw Pain
- Sports Injuries
- Shoulder Injuries
- Pain during Pregnancy
- Muscle Spasms
- Mobility Issues

CHIROPRACTIC CARE | SOFT TISSUE THERAPY | REHABILITATION

Contact for **FREE** to find out if chiropractic is right for you.

www.movefreechiropractic.co.uk info@movefreechiropractic.co.uk
91 High Street, Longstanton, Cambridgeshire, CB24 3BS 07405426244

Made with PosterMyWall.com

BAR HILL COMMUNITY ASSOCIATION

Chair of Trustees	Andy Pellew
Vice Chair	Anthony Mitchell
Secretary	Jenni Foster-Smith
Treasurer/ BHN Advertising	Hilary Whipp
BHN Editor	Andy Pellew
Features Editors	Liz Dams, and Bridget Wilson
Trustees	
Bunty Waters	Jo Hall
Dave Wright	Dee Callaghan

If you'd like to contact the BHCA then you can either;

- Write to us at **Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**
- Email the Chair of Trustees at **chair-of-trustees@barhill-ca.org**, or
- Call/ message/ WhatsApp **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org

Bar Hill News - Digital Copy

On (or around) the 1st of the month we send out a link to this month's digital copy. If you'd like to receive it please complete this form.

https://bit.ly/bhn-digital

Bar Hill library

Rhymetime

Every Tuesday

2.30pm—3pm

U3AC

Inspiring, Educational, Sociable.

OPEN DAY!

Tuesday 1 July 2025
10am-1pm
27-28 Bridge St, Cambridge

Retired or semi-retired? Want to learn new skills and hobbies? Meet our tutors and pick up a programme.

Join us today
www.u3ac.org.uk

27-28 Bridge Street, Cambridge, CB2 1UJ
01223 321587 Registered Charity No: 1180769

PEASGOOD & SKEATES

THE FAMILY FUNERAL SERVICE

Personal care and attention
24 hours a day by local, qualified staff

617 Newmarket Road
CAMBRIDGE
01223 415255

164 Histon Road
CAMBRIDGE
01223 791060

Also in Duxford, Sawston, Saffron Walden and Haverhill

www.peasgoodandskeates.co.uk

NEW SATURDAY LUNCH CLUB

OVER DAY CENTRE

Welcoming all residents of Over & surrounding villages to join us for lunch at the Day Centre, fourth Saturday of each month, service starting at 12:30 following the Memory Café, our next lunch on Saturday, May 24

£10.00 per person, main course & dessert, includes teas & coffee

all food is freshly prepared & we're happy to cater for any dietary requirements

menu for lunches are available one month before, from our website or at the Memory Café

places must be pre booked, online www.overdaycentre.co.uk/whats-on/saturday-lunch-club/ or email: saturdaylunchclub@overdaycentre.co.uk, or telephone *01954 231807/07710 694900*

The Over Day Centre, 1 Drings Close, Over, Cambridgeshire CB24 5NZ, Charity No 1196202

May 2025 Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!

5 May	Coffee Stop, Foodbank, Chess, traditional & 5Aside versions	BANK HOLIDAY - NO COMMUNITY HUB
12 May		Carers Café with speaker from Oxford Archaeology 10.00 - 11.30 Coffee with a Cop to include the Bobby Scheme 10.30 - 12.00
19 May		Health & Wellbeing 10.15 - 10.45
26 May		Evergreens 10.00 - 11.30

WHEN: Every Monday 10am – 12pm. Please note no Community Hub on 5 May but we will be there on 26 May

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you, available between 10am and 11.30am

Citizens Advice: NOTICE: for health reasons, there is no village Citizens Advice service. To book an appointment for face to face, email or telephone advice with the Cambridge office, please use the following contact details

Email: https://www.cambridgecab.org.uk/get-advice/email-us/

Phone: 0808 278 7808

Evergreens: a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member. When: usually 4th Monday of each month. Please see separate entry in Bar Hill News for more information.

Health & Wellbeing: On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am).

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm on the 4th Monday of the month. Just look for the sign within the Coffee Stop.

Traditional & 5Aside Chess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

Come along on 12 May to meet our Neighbourhood Police Officers and also take the opportunity to speak with a representative from the Bobby Scheme for advice on home security

Your Community Hub…in the community, by the community, for the community!

Walk 30 miles this May in memory of a loved one

Losing someone you love is never easy, and as we continue to navigate life without them, it's important to find ways to honour their memory and make a meaningful impact. That's why we're inviting you to take part in a special fundraising event this May: **WALK TO REMEMBER** and walk 30 Miles this May.

This challenge is more than just about physical distance—it's about coming together to raise funds for Addenbrooke's Charitable Trust (ACT) that will support the care and services across Addenbrooke's and the Rosie hospitals.

Here's how you can get involved:

1. **Walk**: Whether you walk all 30 miles at once or spread it out throughout the month of May, each step you take will be a tribute to the memory of your loved one.
2. **Fundraise**: Create a fundraising page to share with family, friends, and colleagues. Every donation you receive will go directly to helping to make Addenbrooke's and the Rosie hospitals even better.
3. **Remember**: Walk in memory of the ones you've lost and know that your efforts are making a lasting impact. As you walk, share your memories, and dedicate your miles to them.

Your participation will help provide life-saving treatments, support for families, and critical resources for staff ensuring they continue to provide excellent care for all who need it, while keeping the memory of your loved one alive.

Take the first step and register at www.act4addenbrookes.org.uk/walktoremember

30th Anniversary act
Addenbrooke's Charitable Trust
Registered charity number: 1170103

Registered with FUNDRAISING REGULATOR

LETTERS, NOTICES & ANNOUNCEMENTS

Please send your letters & notices to **bhn-editor@barhill-ca.org**. Thank you!

Bar Hill HAPPY HOURS Club

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along!

Coming in May: 2nd: Bingo and a Quiz, 9th: VE day celebration 40s theme, 16th: Italian theme, 23rd: Auction, and 30th: Bingo and a Quiz

Anne Plumb | **01954 780364** | **anne@rwp10.plus.com**

LOST on 23rd March. A friend has lost a silver **Claddagh ring** - has 2 hands clasped together. The ring has great sentimental value She thinks that it was lost between the church and Partridge Drive. Please let me know if you should find it. Thanks

01954 780364 | anne@rwp10.plus.com

Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

Saturday, May 24
Saturday, June 28
Saturday, July 26

from 10 am to 12 noon

at The Over Day Centre, 1 Drings Close, Over CB24 5N
wheelchair accessible, free parking available

please visit https://www.facebook.com/OverMemoryCafe/

Dear Readers,

A quick update in relation to the County Council and Mayoral Elections which are coming up on the 1st May.

You will notice that there are no District or County Councillor columns in this issue. As a politically neutral publication we have a policy of not printing columns which could be delivered in the pre-election period - typically 6 weeks before, or overlapping with, the election date - so as not to give any candidate, or political party, an advantage.

Andy Pellew | Editor - Bar Hill News

Dear residents,

In Guatemala (central America), gruelling heatwaves and extreme weather are destroying crops on the numerous small farms of this agricultural country. This threatens the livelihood of millions who already live in extreme poverty. They are among the poor who have done the least to cause the climate crisis, yet they suffer the most.

Christian Aid Week (11-17 May) provides an opportunity for us to help fund the vital training that will equip these small-scale farmers to escape poverty. Advice on drought resilient crops, conserving water and making fertiliser will help them provide a secure future for themselves and their families.

As last year, there won't be a house-to-house collection but envelopes will be available 11 and 18 May (mornings) in church and at the Hub on Monday 12 May.

Thank you.

Pam Vendy

The deadline for submissions is the second Thursday of the Month.
Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 9.30 pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £3 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

Dear Residents,

What is DNA? Deoxyribonucleic acid, the molecule that carries genetic information for the development and functioning of an organism.

However, it is also something much simpler **- Did Not Attend**.

Every month, up to 100 GP and clinical appointments are wasted because a patient doesn't turn up and has not cancelled the appointment. These appointments could have been offered to someone else.

Occasionally genuine mistakes happen, but PLEASE, if you no longer need an appointment, let the surgery know as soon as possible so another patient can be seen.

Thank you,

Maple Patient Participation Group

Huntingdon Concert Band

17th May 2025 at 7.30 pm

in Bar Hill Church

We are pleased to announce that our favourite band will be performing again this year at Bar Hill Church. The concert will take place on Saturday 17th May 2025 at 7.30 p.m. Tickets will be available soon at £11 for adults and £7 for children.

Tickets can be obtained from:

- Sue & Trevor Kenchington **01954 780260** kenchington@supanet.com
- Maggie & Malcolm Cox **01954 488657** maggieandmalcolm@gmail.com
- Or Bar Hill Church **01954 206120** office@barhillchurch.org.uk

Light refreshments will be available to purchase during the interval. All proceeds to Bar Hill Church.

Saturday, May 10
Saturday, June 14
Saturday, July 12

Willingham Memory Box Café

Invites people living with memory loss (from any cause) and their carers to join us for Music, Company, Chat, Refreshments and Fun

from 10 am to 12 noon

In The Octagon
(behind Willingham Parish Church, with wheelchair access and no steps)

or vist our facebook page www.facebook.com/WillinghamMemoryBoxCafe/

Ash Croft Veterinary Surgery

Consultations by Appointment Only

In an emergency please telephone ahead

HARDWICK
169 St Neots Road, Hardwick
Cambridgeshire, CB23 7QJ
Tel: 01954 210250

PAPWORTH
Pendrill Court, Ermine Street North
Papworth Everard, Cambridgeshire, CB23 3UY
Tel: 01480 831615

www.ashcroftvet.co.uk

Out of Hours Tel: 0845 500 4247

Dear Editor,

Some time ago Bar Hill News asked about blind spots for pedestrians in the village and the two I was aware of were the one from Tesco's bus station to Robin Close and the one from Tesco garage to the industrial area. One of which was mentioned by you at that time.

I am also concerned about the Tesla garage having their entrance on the bend of the perimeter road but assumed that the Parish Council had a good reason for allowing this.

I am also concerned about the amount of lorries parking on the perimeter road between Tesco's roundabout and the actual village entrance. One evening this week they were on both sides of the road although the one doubling up was on the grass verge and not the actual road.

Please can something be done about these points. The perimeter road is a hazard at times with drivers ignoring the speed limit. How about some speed bumps or neon warning signs and in the case of the lorries perhaps yellow lines on both sides of the roads from Tesco's roundabout to the actual village entrance could be considered.

Regards

Coral Paulson

8 o'clock club

The club is a women's group and we meet in the school on the 1st Thursday of the month at 7.30 pm.

Our speaker on the 1st May is Roger Lilley from The Cambridge Museum on Castle Hill.

Our fee is £15 per year and £1 each meeting for a hot drink and raffle.

We welcome new members to the club. If you would like to join please come along to one of our meetings or phone Barbara **204171** (**07847 327709**) Adela **204265** or Ann **204687**

OVER DAY CENTRE

Sunday 11th May 2025

Back by popular request, the 5-pub Challenge walk. See old friends, make new ones; perhaps walk as a group. All proceeds to go to the Over Day Centre, this year to help raise funds for client activities and capital items.

Meet at Over Day Centre, Drings Close, CB245NZ from 10.00am, for a 12.5 mile walk through the beautiful Cambridgeshire fens to the Pike & Eel, the Ferry Boat, the Three Tuns, the White Horse and back to the Over Community Centre.

Minimum donation of £15 per adult, children free. Under 18s are very welcome but must be accompanied by a responsible adult. The length of the route may make it unsuitable for younger children.

For details and to register, please view :

www.overdaycentre.co.uk/fundraising/5-pub-challenge-2025/
or call the Day Centre
01954 231807

You can register online and donate before the day, the quickest way, or you can print the form yourself and complete then donate with card payment or cash on the day. If you are unable to join us but would like to donate, please go to:
www.justgiving.com/page/overdaycentre-5-pubs-may-2025

Event kindly supported by: NGU CONSTRUCTION **Ash Croft Vets**

The Over Day Centre, 1 Drings Close, Over, Cambs, CB24 5NZ
Registered Charity No. 1196202.

CONSTANT GENERAL HOME SERVICES

PAINTING & DECORATING

HOME IMPROVEMENTS

driver_costi@yahoo.com
Phone: 07479 363 536

Bar Hill Church news

Services

Sun 4 May, 10:00am — **Holy Communion**

Separate activities for children

6:00pm — **Informal Worship**

Refreshments served from 6:00pm with the service starting at 6:30pm and finishing at about 7:30pm.

Wed 7 May, 10:00am — **Mid-week Communion**

Sun 11 May, 10:00am — **All Together Worship**

A church service with something for all ages, adults and children.

Sun 18 May, 10:00am — **Holy Communion**

Separate activities for children and young people.

Sun 25 May, 10:00am — **Café Church**

A different kind of church service: around tables with coffee and biscuits, with a mix of led worship and group discussion. Separate activities for children under eight.

Sun 1 June, 10:00am — **Holy Communion**

Sunday morning services can also be attended via **Zoom**: meeting id 882 9761 3899, password: 284740. We also hold a short (about 20 minutes) Morning Worship service by Zoom at 8:15am every day Monday to Friday, using the same meeting id.

Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk
Working hours usually include Monday, Tuesday and Wednesday mornings. A number of external activities take place in the church buildings throughout the week. Enquiries about hiring space for an event should be directed to Ian.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk
Working days are Monday, Tuesday, Thursday and Sunday.

Website: https://barhillchurch.org.uk

Facebook: https://facebook.com/barhillchurch

Bar Hill Memorial Garden

Spring is here now. We have had both abnormally warm weather as well as below temperatures for this time of year. Many of the bulbs have started fading but then we have other shrubs showing us their colours. The days are getting longer, although not all frosts have passed.

At long last everyone can see what wonderful work and changes to the Memorial Garden, have taken place. Our grateful thanks to John Hinchliffe who has installed the plaques. My grateful thanks go to the whole team who help maintain and have worked so hard in the garden. We are aware that some wheelchairs and wheeled walking aids find access difficult. Like before it takes time for the stones to settle, please keep to the edge. If you are having problems please talk to Chris below.

The refurbishment costs of £5000.00p plus have been met by donations / grants from individuals, The Parish Council , The Community Association, South Cambridgeshire Community Chest, The Co-Op. for which we are extremely grateful.

My grateful thanks to all who donate towards the upkeep of the Memorial Garden, cheques / cash may be left at 7 Acorn Avenue made payable to Bar Hill Memorial Garden or alternatively paid directly into Bar Hill Memorial Account at the Cambridge Building Society Account Number 1768402740 Sort Code 20-17-55 If you wish to talk to someone re a donation then please phone Chris on the numbers below. Thank you once again to all those who have given financial support for this work.

Should you wish to place a Memorial Plaque then contact Chris Stannard **01954 781978**, **07711 623425**, **c.e.stannard1@gmail.com**

NOEL HART

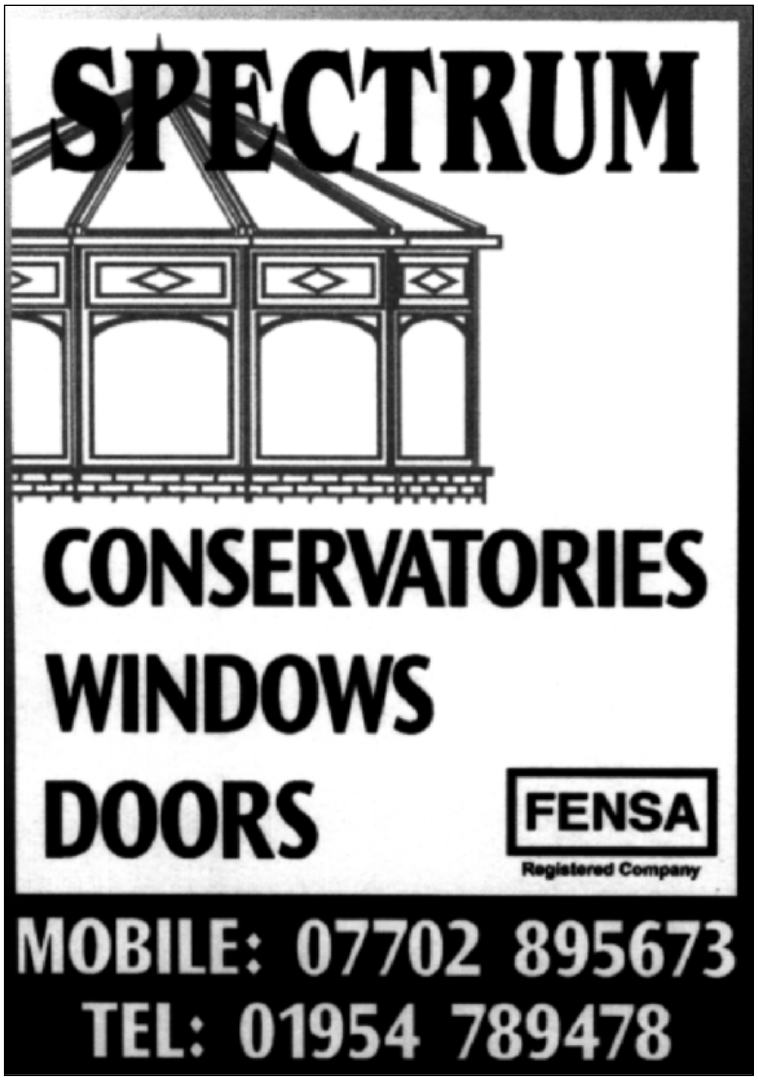
GLASS & GLAZING

YOUR LOCAL GLASS AND GLAZING SERVICE

Misted sealed units replaced;
Broken hinges and handles repaired;
Doors and Windows adjusted
Mirrors supplied and fitted
Cat flaps fitted;

Fast & friendly service and
Free no-obligation quotation.
No job too small

Mobile: 07966 052240
Email: puttyhead3@hotmail.com



Norman's Dog Day Care

Come and join Onyx and his friends at our popular....

PUPPY SOCIALISATION & TRAINING SESSIONS

Sessions run twice daily Monday to Friday

AM session: 8am to 12 noon*

PM session: 12:30pm to 4:30pm*

£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

* some flexibility over pick up/drop off times

Well over 300 puppies successfully trained since the first easing of lockdown.

NORMAN'S

★★★★★ RATED FACILITY

Book your space now on 07764 959238 or TJ@normansdogdaycare.co.uk

---

EXPRESS ROOFING SERVICES

Flat Roofing Specialists

Emergency 24 hour Service

Roofing for over 25 years

5-10 year guarantees

Competitive Rates

* Insurance work
* Guttering * Facia Boards
* Garages & Extensions
* Re-roofing & repairs

Prompt Reliable Service

☎ 01487 841008 Mobile 07860 680550

37 Greenfields, Earith

Steve Jolley

Plastering & Tiling

33 Field View
Bar Hill
Cambridge
CB23 8SX

Home 01954 780445
Mobile 07727 203626

Vets for Pets
Bar Hill

May Watchouts for Pet Owners

As the days grow longer and the hedgerows burst into life, May is a beautiful time to be out and about in our countryside. It's also a month when we start to see a shift in the kinds of ailments and injuries that come through the doors of the veterinary surgery. While pets (and their owners!) are enjoying the warmer weather and increased time outdoors, it's important to be aware of some seasonal concerns that can crop up at this time of year.

Pollen Allergies in Pets

Just like people, pets can suffer from pollen allergies, especially during spring when tree and grass pollens are at their peak. However, while humans often experience sneezing and watery eyes, our pets usually show allergies through their skin.

Signs to watch for include:

- Excessive scratching or licking, especially around the paws, belly, and ears
- Red or inflamed skin
- Ear infections or head shaking
- Chewing or biting at the feet
- Overgrooming in cats, sometimes leading to bald patches

These symptoms can be uncomfortable and, if left untreated, may lead to infections or sores. If your pet shows any of these signs, it's worth speaking to your vet. Treatments might include anti-itch medications, special shampoos, and allergy control plans. A simple step like wiping your pet's paws and coat after a walk can also help reduce pollen exposure.

Outdoor Injuries

With the better weather, we're seeing a rise in injuries linked to outdoor play and exploration. Two common issues in May are cut pads and stick injuries.

Cut Pads:

Dogs often cut their paw pads on sharp stones, glass, thorns, or even rough footpaths. These cuts can be painful and bleed quite a lot, even if they look small.

If your dog cuts a paw, clean it gently with water, apply pressure to stop bleeding, and cover it with a clean cloth or bandage. Always have it checked by a vet – some cuts need stitches or antibiotics to heal properly.

Stick Injuries:

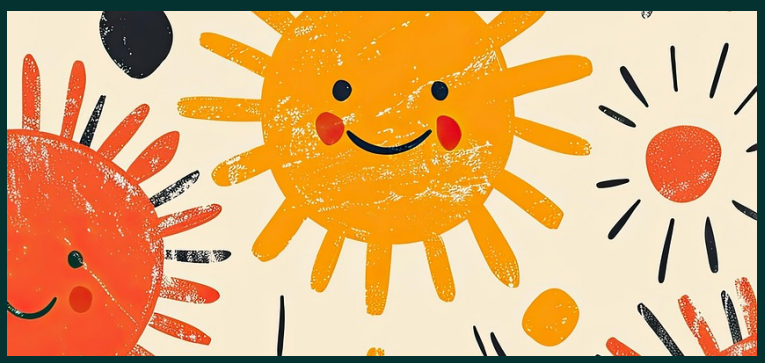
While it might seem harmless, playing with sticks can be risky. Dogs can accidentally jab themselves in the mouth or throat, or splinters can get lodged in their gums or further down.

We recommend using safe alternatives like rubber toys or dog-safe throw sticks instead. If your dog suddenly shows signs of discomfort after playing with a stick – such as drooling, pawing at the mouth, or refusing food – get them checked out right away.

Final Thoughts

May is a wonderful month to get outside with your pets and enjoy the sunshine. A little extra vigilance can go a long way in keeping them safe and comfortable. Keep an eye out for allergy symptoms, avoid risky games with sticks, and check paws regularly for cuts or thorns after walks.

As always, if you're unsure or notice any signs of discomfort in your pet, your local vet is just a call away. Wishing you and your furry companions a happy and healthy spring!



Bar Hill Library - May 2025

Did you know that we are about much more than just books? Here are some things you may not have realised you could do in your local library:

Jigsaw puzzles

We have a large selection of jigsaw puzzles for adults, which you can borrow or swap. Most are 500 or 1,000 pieces and you don't need a library card to borrow one.

We also have a community jigsaw puzzle on the go at all times so you can add a few pieces whenever you're visiting the library.

Ferrule replacement

If you have a walking aid such as a walking stick or frame, the rubber 'feet' on the bottom become worn over time and can be dangerous. We have a stock of ferrules in various sizes and can change them for you free of charge.

Bus passes

If you are eligible for a free bus pass, did you know that you can apply for this in the library? Whether it's for your first bus pass or renewing your old one, we can complete the whole process for you, including taking your photograph.

Printing, scanning and photocopying

Whether you need to print a label, scan some important documents or photocopy invoices, you can do all of this in the library. Check with us or on the Cambridgeshire Libraries website for updates on services we offer and charges.

KH Flooring Services

Suppliers & installers

Domestic & Contract

Carpets,Vinyls, Karndean,
Safety Flooring, Full Prep etc

Samples Brought to You

Free Quotations

Tel 07801542378

Email kevinkhawkes@aol.com

12 Appletrees, Bar Hill. CB23 8SJ

Bar Hill Motors

20, Viking Way (next to Tescos)

For all your car care needs

The air conditioning has had a hard summer!
Has it been serviced in the last two years?
If not, we can help with our Qualified Staff
equipment

Opening times
Mon. To Fri. 8.00am - 5.30pm
Sat. 8.30am - Noon
Closed Sun.

781132

L.C Electrical
Contractors Ltd

Our dedicated, friendly team offer a comprehensive range of electrical services from domestic repairs, installs and rewires to Commercial installations, maintenance and upgrades.

Our services include, but are not limited to:

- Solar PV & Battery Installers
- Specialists in wiring Heating Systems and fault finding
- Domestic and Commercial Work
- CCTV
- New Installations
- Periodic Inspections / EICR
- Re-wiring
- Fire Alarm Servicing and Installation
- Electric Car Chargers – OLEV approved installer
- Emergency Lighting, Data and Network
- 24/7 Emergency Call out
- Fault finding and repairs
- Portable Appliance Testing

Please call for honest advice and free quotes from trusted, experienced electricians.

Tel: 01954 261501 | **Mob:** 07833 133990
lc.electrical@btinternet.com | **www.lcelectricalltd.co.uk**

CHAS Accredited Contractor CHAS.co.uk | OLEV approved installer | HIES Consumer Code | Which? Trusted Trader | APPROVED CONTRACTOR MCS CERTIFIED

K & S SERVICES

Tel: 01954200869
Mob: 07548796094

All aspects of Carpentry and Joinery

Kitchen Fitting, Wall and Floor Tiling, Fencing

Internal/External Painting and Decorating

Laminate and Wood Flooring

Bathroom Refits, Heating Systems

FRIENDLY & RELIABLE LOCAL SERVICE
QUALITY WORK GUARANTEED

YOUR LOCAL PAPER BOY

Tel: 07832 122534
Email: info@yourlocalpaperboy.co.uk

Any national tabloid or broadsheet newspaper delivered to your door daily before 7:30am

THE INDEPENDENT | Daily Mail | theguardian | DAILY STAR | THE Sun | Telegraph

STEP 1: Give us a call
STEP 2: Choose your paper
STEP 3: We deliver it
PRICE? Choose from 3 delivery options

SAT & SUN	MON to FRI	7 DAYS
£2.00	£2.50	£3.00
+ the RRP of your selected paper	+ the RRP of your selected paper	+ the RRP of your selected paper

BUY: Call or email us to arrange your delivery option

Tel: 07832 122534
Email: info@yourlocalpaperboy.co.uk

About us:
We are a friendly local company offering customers a service which is both reliable and great value for money. Our sole aim is to provide you with world news on your favourite national newspaper, to your door in time for your breakfast, 7 days a week.

Our team:
At Your Local Paper Boy our team is dedicated to customer service, from our office to our delivery team. We are available and waiting to solve any problem or query with a friendly positive attitude, to provide you with the best possible service and experience.

Payment details:
Secure optional payment methods; standing order, cheque or cash

Office hours:
Mon - Fri 9am - 8pm
However, we are available via email 24 hours a day, 7 days a week

© Your Local Paper Boy 2025 www.yourlocalpaperboy.co.uk info@yourlocalpaperboy.co.uk

MOTUS PHYSIOTHERAPY

SIMPLE AND EFFECTIVE

Chartered Physiotherapists | In Girton | Ample Free Parking | Home visits | Accept Private Medical Insurance and Self Funders

01223 949405

W: **www.motusphysiotherapy.co.uk**
E: **info@motusphysiotherapy.co.uk**

Prime Time Fitness, Oakington Road, Girton, CB3 0QH

Practice Nurse

We have managed to finally recruit a second Practice Nurse to work at Maple Surgery. She will be joining our other new starter in the middle of May. This is exciting news for us, and I am sure that you will all join us in welcoming her to the Practice when she arrives.

New Reception staff

We have also managed to replace 2 long-standing members within the reception team. Training for this role takes some time due to the complexity of some of the issues that are dealt with every day and the time it takes to learn them. We would appreciate your patience with these new faces at this time.

Practice closures for Staff training

The practice will be closed from 1.00pm for training on the following dates; Thursday 15th May 2025, Tuesday 17th June 2025, and Wednesday 16th July 2025

Covid Clinics

The Practice has recently signed up to provide the Spring Covid Booster vaccines. Appointments for the administration of the vaccines have been made available from the middle of April to eligible patients. Any patient who is eligible will be contacted to see if they want to be vaccinated. The criteria for eligibility have been amended slightly compared to the Autumn booster, so patients who were vaccinated with the Autumn booster may not be eligible for the Spring Booster. If you believe that you are eligible, but have not been contacted, please contact the Practice on the usual number.

Please see web address below that will provide details for eligibility.

https://www.nhs.uk/vaccinations/covid-19-vaccine/

RADIO MARIA ENGLAND

A Christian Voice By Your Side

Online | Digital Radio | Smart Devices

Free App | Podcasts | Spotify

SCAN ME

'The Lord your God is with you wherever you go.' - Joshua 1:9

www.RadioMariaEngland.uk

Andrina B
the footcare specialist

Providing expert treatment in all aspects of foot healthcare in the comfort of your own home

Nail Cut • Callus • Athlete's Foot
Hard Skin • Corn Removal
Fungal Infections • Plantar Faciitis
In-Growing Toe Nail • Orthotics
Leg and Foot Massage

To book your appointment call Andrina on
07966 571 686
or email: andrinab@foot-care.co.uk

www.foot-care.co.uk
Andrina Baldock, Foot Health Practitioner, SAC Dip. FHPP FHPT
Register for Foot Health Practitioners Member

Jim Edwards

Gas appliances, Plumbing and Heating

Gas boiler service from £64

New boiler installations

Carbon monoxide alarms fitted.

New radiators fitted.

Heating systems upgraded.

Landlord certificates & gas safety checks.

All plumbing work undertaken, local friendly service. Fully insured.

01954 267054

07870520702

www.cambridge-plumber.co.uk

jim-edwards@live.co.uk

M & M

Heating & Building Services

- Full Gas & Oil Boiler installation
- Full Heating Systems
- Boiler Servicing and Landlord Certificates
- Power Flushing
- Full Bathroom Design & Installation
- All Plumbing Works Large and Small
- Extensions, Alterations and Repairs
- Refurbishment and Renovations
- Kitchen Design and Installation
- All Carpentry Works

01223 691599

07766 281962/07832 261791

info@mandmheating.co.uk

www.mandmheating.co.uk

10 SOUTH ROAD, IMPINGTON, CAMBS, CB24

Cambridge Solar Ltd

Local, Friendly, & Professional since 2009

Contact us today for a quote.

01223 863 885

cambridge-solar.co.uk

Since 2009, Cambridge Solar Ltd has installed nearly 400 solar energy systems at homes and business around Cambridgeshire, including the Bar Hill Village Hall in 2014. We are committed to serving our community through honest, high-quality workmanship engineered to each client's goals.

Winner: 2018 British Renewable Energy Installer of the Year, from the REA
Winner: 2018 Solar PV Installer of the Year, East of England Energy Efficiency Awards

cambridge-solar

AIRPORT CARS CAMBRIDGE

- **Long distance journeys and airport transfers**
- **Non smoking, air conditioned executive cars**
- **Prompt, reliable and courteous door to door service**
- **5 to 8 seater MPV for family holidays**
- **Cruise terminals & Eurostar**
- **Visit our website www.airportcars.uk.net**

For the most competitive quote call:

Mick 07442 497 601 enquiriesairportcars@gmail.com

CAMBRIDGE THAI BOXING ACADEMY C.T.B.A

ADULTS - KIDS - LADIES ONLY

YOUR FIRST CLASS IS FREE

Learn the exciting Art of Muay Thai KickBoxing

with Former British & Commonwealth Champion - JUNIOR HERBERT
CALL JUNIOR : 07900 553963
Email: junior@jhfitnessacademy.co.uk

Cambs
Property
Bureau

Looking for a property to rent?
Want to rent out your property?
Call us on **01954 260200**

Email: enquiries@cpbm.co.uk
www.cambspropertybureau.co.uk

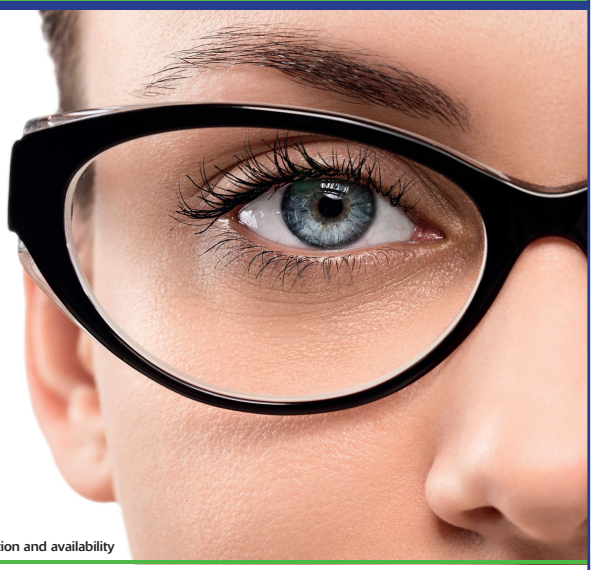
Address: The Cabin.
123 Appletrees. Bar Hill. Cambs.
CB23 8SP

Paying too much for your glasses?

Save Money - Buy Direct!

Visit our factory shop to see our fabulous range of Discount Prescription Eyewear

- Hundreds of frames to choose from, including designer frames from Ray-Ban, Polo Ralph Lauren, Oakley, PRADA, Ted Baker and Versace
- Specialists in high and complex prescriptions
- Same-day or next-day service available*
- Save up to 75%
- Huge range of designer sunglasses
- Full range of sports eyewear



Official stockists

*subject to prescription and availability

Ray-Ban GENUINE SINCE 1937 · POLO RALPH LAUREN · OAKLEY · PRADA EYEWEAR · TED BAKER LONDON · VERSACE

We are open 9am to 5pm Monday to Friday, and 9am to 1pm Saturday

ALL EYES SPECTACLE MAKERS SINCE 1987

Call us **01954 231545**

Visit our website **www.all-eyes.co.uk**

20 Norman Way Industrial Park, Over, Cambridge CB24 5QE

Bar Hill Church Knit & Natter

"Knit & Natter" is a well established group in Bar Hill for ladies of any age who like to knit with others in a relaxed and friendly atmosphere.

We meet every Thursday afternoon from 1.15 in The Octagon opposite The Doctors Surgery. The Octagon is the smaller building next to Bar Hill Church.

As part of our afternoon activities we encourage everyone who wishes to do, to take part in a few fun and vital short keep fit exercises to boost their physical and mental health.

Our main feature is the creation of many wonderful knitted items which are given to local charities who need our help. This can be baby clothes, warm adult knitted items and Lap blankets in the winter for local people. We have established contacts with local charities who are delighted to receive our "knitted treasures"

Possibly one of the most important features of the group is that all are welcome and are encouraged and enabled to meet new friends while sharing a pleasurable mutual interest. This might be a good starter if you are new to the village to find new friends and re-start a previous hobby

Then, of course, there is Tea time accompanied of course with a welcome selection of cakes.

As well as our weekly meetings, we hold other events in the year. We enjoy outings to the seaside and occasionally, a winter shopping trip. We also have a couple of Craft Days to explore more creative activities. Also a Garden Party in the summer.

We would be delighted to welcome you to our group and I will be happy to talk more about it if you are not sure if it is right for you.

Hope to see you there.

Sue **01954 780260**

Rothwell's
Carpet Cleaning

Carpet Cleaning

& Stone Floors, Upholstery, Rugs

A few points that make us stand out,

Rothwell's has been in business since 1993
We're an honest local family firm.
Our large truck mounted machines mean more cleaning & drying power for excellent results.
Members of both the NCCA and TACCA.
We will move the furniture.
100% satisfaction or it's FREE.

NCCA NATIONAL CARPET CLEANERS ASSOCIATION
CLEANING THE NATION'S CARPETS AND UPHOLSTERY
M2391

Call Oliver and Max Campbell for expert help today.

01223 832 928 www.Rothwells.biz

A. Denton
Painting & Decorating
High Quality
INDUSTRIAL
COMMERCIAL
DOMESTIC
102, Stonefield
Bar Hill
Cambridge
CB3 8TB
01954 782472

FLOOR COVERINGS

Cambridgeshire's largest flooring showroom est. 1996

FREE no obligation quotes

01223 233233
www.floor-coverings.net

Unit 31-32 Dry Drayton Industries, Scotland Road,
Dry Drayton, Cambridge CB23 8AT
Open: Mon - Sat 9-5

THE ROYAL BRITISH LEGION

The Royal British Legion meetings are open to anyone who would like to become a member. You do not have to have served in the Forces to join. We are there to support all ex -service personnel.

Dates for your diary for 2025;

- 26th June
- 28th August
- 23rd October AGM

ROYAL BRITISH LEGION

Meetings start at 7:30
in the Octagon Meeting Room.

If you would like to visit and see what we do at a meeting, please feel free to either come along or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657**.

Bar Hill library
BAR HILL LEGO CLUB
SECOND WEDNESDAY OF THE MONTH
(TERM TIME ONLY) 3.30-4.45PM
ALL SESSIONS ARE FREE OF CHARGE
AND DON'T NEED BOOKING, JUST
COME ALONG WITH YOUR CHILDREN!
Cambridgeshire County Council

Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Come & worship - everyone welcome.

Contact Bunty Waters for more info.

Would you like to help support NHS research?

NHS

The NHS is looking for volunteers to help refine and improve the NHS App. If you're interested you can complete this short survey; **https://bit.ly/NHS-App-Panel**

Bar Hill Preschool CIO
Registered Charity No. 1209296
http://www.barhillpreschoolcio.co.uk

01954 782892 | enquiries@barhillpreschool.co.uk
www.barhillpreschoolcio.co.uk

In April, Bar Hill Preschool focused on 'Spring' themes, including weather, life cycles of plants, 'Easter' and 'Earth Day'.

We started introducing the 'Easter' theme just before the holidays, by taking our older children to the local church for an 'Easter' story and egg hunt in the garden. Many thanks to the Church Minister and volunteers for organising the event. The children really enjoyed themselves.

Besides this, we have also been making our families 'Easter' cards and updating the boards within the setting in a 'Spring' theme. On the last day of the theme, our older children took part in a 'letters and sounds' Easter egg hunt.

In March, we have been practising road safety. The children took a walk to the Tesco car park, while practicing the 'green cross code' at the zebra crossings and learning about how to stay safe near the roads.

As the weather got better, we also started planting with potatoes, carrots and sunflowers, which the children took home in their pots.

We organised a 'Cookie and Cake' stall at the end of last term, raising funds for the Preschool, which resulted in a total of £61.30. Thank you to everyone who came over and supported this event. We hope you enjoyed it!

We offer places to children the term after they are two years old. We accept two, three and four year old funding, and we are also part of the 'National Savings Childcare' scheme. See our website (above) for more details or call **01954 782892** for an application form.

Weekly playgroup sessions for babies and preschool children

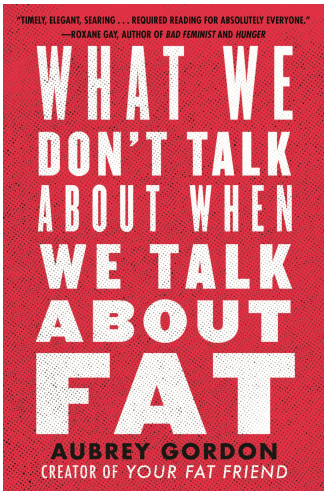
A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

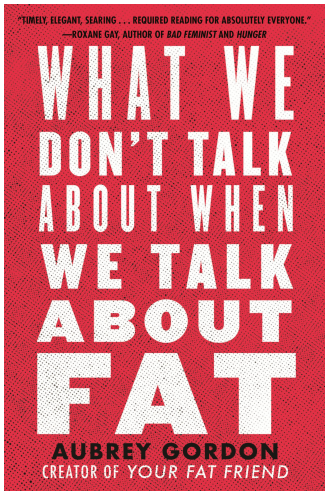
Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session


"TIMELY, ELEGANT, SEARING . . . REQUIRED READING FOR ABSOLUTELY EVERYONE."
—ROXANE GAY, AUTHOR OF BAD FEMINIST AND HUNGER
WHAT WE DON'T TALK ABOUT WHEN WE TALK ABOUT FAT
AUBREY GORDON
CREATOR OF YOUR FAT FRIEND

Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 13th May in the Sports and Social Club at 7:30 pm.The book is: "What we don't talk about when we talk about Fat" by Aubrey Gordon. For details of future events please email **sheilafarrar@hotmail.co.uk** or call/text **07920 558319**


"TIMELY, ELEGANT, SEARING . . . REQUIRED READING FOR ABSOLUTELY EVERYONE."
—ROXANE GAY, AUTHOR OF BAD FEMINIST AND HUNGER
WHAT WE DON'T TALK ABOUT WHEN WE TALK ABOUT FAT
AUBREY GORDON
CREATOR OF YOUR FAT FRIEND

K & E PRO AESTHETICS LTD

HAIR, NAIL & BEAUTY SALON

All your hair, nail, beauty, massage & aesthetic treatments, available under one roof, at
The Farmhouse
Bar Hill
CB23 8DY

For hairdressing
please contact Liz on 07717 504285

For nails, beauty, massage and aesthetics,
please contact
Emily on 07711 237934
or
Kylie on 07983789331

or Call the salon on 01223 375011

R. A. Miller Plumbing and Domestic Heating

Fenside, 71 Willingham Road,
Over
Cambridge CB24 5PE

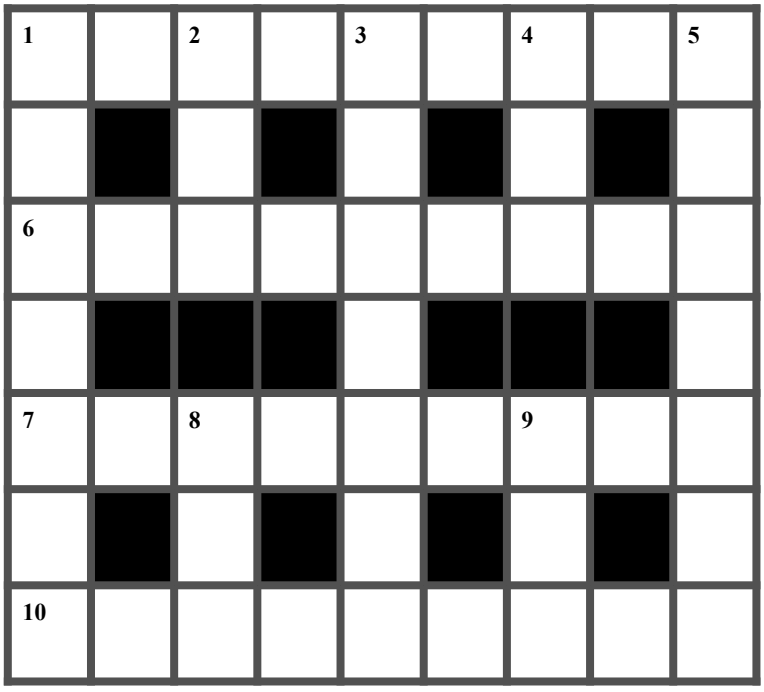
GAS safe 234391

All plumbing work undertaken
- New boiler replacement and installation with free quotation
- GAS boiler and GAS fire servicing - Landlord Certificates.
- Heating problems - Diagnosis and rectification.
- General plumbing - taps, washers, pipe work, showers, etc.
- Full and partial Bathroom installation work

For a reliable and professional local service

Robert Miller

Office **01954 203277**, Mobile **07831 853885**
robert.miller@ntlworld.com



Bar Hill Sports & Social Club
DAY AT ASCOT
PERONI NASTRO AZZURRO VICTORIA CUP
SATURDAY 10TH MAY
SMART CASUAL DRESS CODE. NO SHORTS OR FLIPFLOPS
£55 PER PERSON
THIS INCLUDES TRANSPORT & ENTRANCE
COACH LEAVES 10AM
SIGN UP AT THE BAR - £25 DEPOSIT REQUIRED WHEN BOOKING
FULL PAYMENT DUE BY 15TH APRIL

PUZZLE for MAY 2025

Across: 1.partly developed insect. 6.textured wallpaper. 7.discuss, 4 & 5. 10.fullness

Down: 1.hire, formal document. 2.type of river inlet. 3.rescue/save. 4.drink [as a cat]. 5.the adjoining village-Dry ?. 8.facial feature. 9.Japanese sash.

Bar Hill Primary School

Bar Hill Primary School football team set for national finals

Bar Hill Primary School's 7-a-side football team have finished as runners-up in the South-East Regional Schools' Finals, securing their place in the National Finals at Stoke City FC's stadium this May.

The squad of ten talented Year 5 and 6 players travelled to the regional tournament in Sporting Thamesmead, North London, to compete against the top primary school teams from across the South-East, including competitors from Bedfordshire and Sussex.

The team started strong with a 3-1 victory in their opening group-stage match thanks to two fantastic goals from Alex Mickevics and another from Frankie Houston, both Year 6 pupils. Their second match against Sunnymeade Primary in Essex ended in a nail-biting 1-1 draw, with Alex scoring another amazing goal from a free kick. A hard-fought 0-0 draw followed against a very strong team from The Disraeli School in Buckinghamshire, but this still secured Bar Hill's position at the top of Group A.

Progressing to the next stage, the team faced off against Group B winners, Wolfson Hillel School in Middlesex, in a tense match that ended in a goalless draw. Goalkeeper Oscar Chetwyn, a Year 5 pupil, delivered a standout performance during the match, with several crucial saves. The final match against eventual tournament champions, St Mary's Primary in Sussex, ended in another hard-fought 0-0 draw, showcasing Bar Hill's defensive resilience and teamwork.

With their place in the National Finals now confirmed, the team will compete against the best primary school teams in England. This outstanding achievement reflects the school's commitment to sporting excellence.

Charlotte Linden, Head Teacher at Bar Hill Primary School, which is part of Meridian Trust, expressed immense pride in the team's accomplishments: "We are incredibly proud of our children for their outstanding performance. Their teamwork, determination, and sportsmanship have been truly inspiring, and securing a place in the national finals is a fantastic achievement. This is a testament to their hard work and dedication, and we can't wait to see them represent our school on the national stage!"

She added: "A huge thank you to Lloyd Makhanya from Kick Start Sports for his fantastic coaching and support, which has been instrumental in the team's success."

With spirits high and excitement building, the team is eager and ready for the challenge ahead. The Bar Hill Primary community will be cheering them on as they compete for the national title next month.

WILLINGHAM JAZZ CLUB

WILLINGHAM SOCIAL CLUB. FEN END. CB24 SLH

1st SUNDAY IN THE MONTH
12:30 pm- 3:30 pm
DOORS OPEN 12 NOON

May 4 The Riverside Jazz Band
Jun 1 The Gambit Jazzme

Admission £10.00
Fully Licensed Bar. Large Dance Floor. Tea/ Coffee & Fresh Rolls Available.

For further information call Rosie-Val on **01954 789670**

ENTIRE GROUP
gas safe 300007
Water Safe
The Complete Gas Heating and Plumbing Company

Plumbing • Heating • Gas
Bathrooms • Water Softeners
Property Maintenance

Tel: 01954 204044 • Web: www.entiregroup.co.uk
Email: service@entiregroup.co.uk

NOT TOO NEAR, NOT TOO FAR

FOR INDEPENDENT FINANCIAL ADVICE

On investments, regular savings, pensions, life cover, inheritance tax planning, etc

Contact: **Nigel Bolitho of BV Services**
185 High Street, Cottenham. Cambridge. CB24 8RX.
Tel **01954 251 521**
Email: **ncfb007@gmail.com**

Authorised and regulated by the Financial Conduct Authority

Topfield Farm

16 Cambridge Rd,
Barton,
Cambridge, CB23 7AR

MAGGIE'S Farm Shop
Nordic lifestyle & gifts

www.maggiesfarmshop.com
@maggiesfarmshop
info@maggiesfarmshop.com
+44 (0) 1223 263169

Lance Rayner
Sectional Buildings

- garages - workshops - sheds
- garden rooms - greenhouses
- concrete, steel or wooden

+44 (0) 7702 669026
+44 (0) 1223 262888

BAR HILL TENNIS & PICKLEBALL CLUB

The season's well under way and we've been enjoying the early April perfect weather conditions for tennis and pickleball!

We had a fabulous pickleball Open Day on Saturday 12 April with about 40 people through the morning. If you missed that, just come down to the tennis courts for a pickleball beginners' session at 5.00pm on Mondays. Juniors are welcome if they are accompanied by an adult.

CLUB TIMES

Our Adult Club nights for social tennis are Tuesdays and Thursdays starting at 6.30pm.

Our Adult Club times for pickleball are Monday evenings starting at 6.00pm and Friday mornings at 10.00am. (Beginners' session 5.00-6.00pm on Mondays).

RESURFACING PROJECT

We've been gathering some quotations to resurface the courts and include both tennis and pickleball lines, and are approaching possible funders.

MEMBERSHIP

Club membership runs from April to March. Membership covers both tennis and pickleball and you can be part of the WhatsApp groups for either or both sports which give info about what's happening. You can apply online at vis the website (below).

CONTACT

Paul Chubbuck (Chair)

chair@barhilltennisclub.co.uk

Richard Lewney (Secretary)

www.barhilltennisclub.co.uk | info@barhilltennisclub.co.uk

the national sleep helpline
Does your child suffer with sleep issues?
Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?
WE CAN HELP
03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

OWN YOUR OWN ORIGINAL ARTWORK

Local artist will create a work of art from your image (still life, landscape or figure). Prices from £200 per picture.

Fill in the form on the website or give Paul a call (or WhatsApp) on m:07831 192937 or email him on paul.samuel@paintingfrompix.com

MAGGIE'S CAMBRIDGE SKYDIVE DAY
SUNDAY 29 JUNE

Are you looking for a rush of adrenaline for your next fundraising challenge?

Would you like to help Maggie's support people living with cancer, and those who love them?

We have just the challenge for you!

Back for a second year - join #TeamMaggies for an exhilarating tandem skydiving experience on Sunday 29th June! 🪂

📍 Maggie's Skydive Day at Sibson Aerodrome, Peterborough, PE8 6NE

📆 Sunday 29th June

🧡 Registration fee £70, with a fundraising target of £450

Sign up now 👇

https://booking.skylineevents.co.uk/?add=1390

Contact Hayley or Helen for more information:

📧 **cambridge.fundraising@maggies.org | ☎ 01223 249220**

NEIGHBOURHOOD WATCH 1982 - TODAY

Bar Hill Neighbourhood Watch

working for a safer community

BAR HILL

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

JASON KIRBY

Professional Painting & Decorating Ltd

All Aspects of Internal & External Decorating

Period, Residential & Commercial Properties.

Wallpaper & Mural Install

Kitchen Cabinet & Furniture Re-Sprays.

Floor Sanding & Restoration.

City & Guilds, NVQ Qualified.

Service, Quality & Reliability.

CELEBRATING 25 YEARS

01954 211775

www.jasonkirbyltd.co.uk

ALAN'S CARPETS

Carpets and Vinyl Supplied and Fitted

We have been in the carpet trade for 50 years!

Free Quotes

Home sample selection service available or visit our showroom located in Swavesey

Express delivery & fitting

Phone

07790 681317
01954 232298

A Barrett & Son Electrical

Competitive Prices and First Class Service

All Types of Electrical Installation, Maintenance
And Repairs including testing and inspection
Domestic, Industrial and Commercial

Bar Hill Resident for over 40 Years

- New Build Installations • Security Lighting
- Rewires • Zappi Car Chargers
- Extensions • Testing / Inspections
- Smoke Detectors • Data Wiring
- Lighting • Consumer Units
- Power • Heating/Showers

A Barrett & Son Electrical
7 Oatlands Avenue, Bar Hill, Cambridge, CB23 8EQ, United Kingdom
Mobile: **07735615871**
Email – barretts11@msn.com
NICEIC Reg No : EPP32673
Vat Reg No. 258 9429 52

ELITE

TEL: 781937 MOB: 07986392611

43 THE SPINNEY
BAR HILL
CAMBRIDGE, CB3 8ST

- **FULL BATHROOM AND KITCHEN DESIGN & INSTALLATION**
- **ALL ASPECTS OF FLOOR/WALL TILING**
- **SUPPLY & FIT OR LABOUR ONLY**
- **LAMINATE WOOD FLOORING**
- **FREE QUOTATIONS AND ADVICE**
- **QUALITY WORK GUARANTEED**

WE CAN ALSO LOOK AFTER ALL YOUR PROPERTY MAINTENANCE REQUIREMENTS

e-mail: dean.mills2@hotmail.co.uk

C&C BLINDS

SPECIALISTS IN BLINDS ANY SIZE AMD COLOUR

VERTICAL BLINDS
WOODEN VENETIAN BLINDS
ROLLER BLINDS
ROMAN BLINDS
VENETIAN BLINDS

REPAIRS

FREE ESTIMATES
Tel: 01223 211171 — Mobile: 07761 262070

Crazy Dog Lady

Pet Services

Services include:

Dog Walking
1-2-1 Training
Pet pop-ins
Dog Sitting (some restrictions apply)

Friendly, reliable, fully insured with a secure van. DBS checked.

For prices and details visit
www.crazydogladyservices.co.uk or call 07913 690021

Helping Hedgehogs in May

In May, hedgehogs become active as the breeding season begins. Males roam in search of mates, while females stay local and may nest under sheds. To help them, provide food and water—wet dog or cat food (preferably not fish) and small kitten biscuits are ideal, as they're also good for their teeth. Create garden access routes, check for nests before gardening, and avoid harmful chemicals. For help and advice contact : Liz Dams - **07912 988 898**/ Shepreth Hedgehog Hospital - **07947 361 187**

Help! We're Missing Something

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for our June issue is **Thursday 8th May**.

Wildlife Gardening in May

With so much building and development in the UK, natural habitats are disappearing fast. Our back gardens have become the biggest nature reserve we have left—and many people are surprised by how much wildlife is now trying to make its home there. If we don't help, we risk losing even more of our precious native species.

In May, here's how you can support wildlife in your garden:

- Leave wild corners – Let grass grow, avoid over-tidying, and allow some weeds and native plants to thrive.
- Create shelter – Piles of logs, leaves, and compost heaps provide nesting and feeding spots for hedgehogs, frogs, insects, and more.
- Grow pollinator-friendly plants – Bees, butterflies, and other pollinators need nectar-rich flowers like foxgloves, alliums, and herbs.
- Provide food and water – A shallow dish of water and wildlife-safe food supports birds, hedgehogs, and other visitors.
- Make a hedgehog highway – Small gaps in fences help hedgehogs roam and find food and mates.
- Avoid pesticides and slug pellets – These harm the very creatures we're trying to protect.

Every garden matters. By making space for wildlife, you're helping preserve biodiversity—and by helping nature, we're actually helping our own species survive, now and into the future.

Greenwood homecare

Do you need care visits at home?

Greenwood Homecare provides quality care in Cambridge and the surrounding areas

FREE ASSESSMENT

DAY, LIVE-IN OR NIGHT CARE AVAILABLE

TOP 20 HOME CARE GROUP AWARDS 2022 homecare.co.uk

FOR MORE INFORMATION
Visit: Greenwoodhomecare.co.uk
Email: Bethanie@greenwoodhomecare.co.uk
Call: 01223 850938

BARHILL Spice

Your local Indian Takeaway.
Order on **01954 781007** or **01954 781777**.
Free delivery to Bar Hill.
Order online on www.barhillspice.co.uk to claim £5 off on your first order. We reward you for your every order when you join Bar Hill spice loyalty scheme.

RedLocks Locksmiths
Your Local Independent Locksmith

Locked Out! All locks opened, fitted, repaired and replaced.

* UPVC Door & Window Specialist
* Garage Doors
* Safes fitted & opened
* All work guaranteed
* 24hr Service
* CRB/DBS checked

SERVICING BAR HILL & SURROUNDING AREAS

Student & OAP discount

t_ 01954 750051
m_ 07784 240 970
w_ www.redlocks.co.uk
e_ info@redlocks.co.uk

Friendly Bar Hill based roofer
20+ years experience
Small repairs to complete re-roofs

TCW ROOFING

roofingtcw@gmail.com
07885470122

Bar Hill Primary School PTA

Bar Hill Primary School PTA – End of Term Report

The PTA held their AGM in March and the following people were elected.

Lisa Pope (Parent/Staff)– Chair

Ellie Batterbee (Parent) – Vice-Chair

Vera Lake (Parent) – Treasurer

Lyndsey Copeman (Parent) – Secretary

Alison Burling (Staff) – Committee member

Mandy Longstaff (Staff) – Committee member

The main role of the PTA is to fundraise and at present the aim is to raise **£6000** for new iPads for the school. so far, this academic year the PTA have raised an amazing **£5255.33.**

During the spring term the PTA raised **£2526.31** with events including a quiz night, discos, performance refreshments and after school tuck shops. The PTA along with school helped to raise **£1309** with the 'Bounce for Books' event which was part of World Book Day celebrations. This money has been given to the school to spend directly on new books.

The PTA would like to thank everyone that has kindly donated to enable us to achieve this amazing total.

If you would like to help the PTA at any of our events, please email **pta@barhillprimary.org** and asked to be added to our friends of the PTA WhatsApp group. More details about Bar Hill Primary School PTA can be found by scanning this QR code.

SCAN ME

BLUE HOUSE Computer Help

SPEED UP, FIX UP, OR UPGRADE YOUR COMPUTERS

WE CAN HELP YOU WITH COMPUTER RELATED PROBLEMS AROUND YOUR HOME OR HOME OFFICE

HOW WE CAN HELP

- Fixing Windows Startup Problems
- More Space on your Computer
- Faster Computer Speeds
- Transfer Apps & Files to New Computers
- Setting Up & Repairing Networks
- Fixing Wi-Fi Dead Spots
- Sync all your Devices around the Home
- Virus & Malware Clean Up
- General Maintenance
- Optimisation & Upgrade Services

WHY PEOPLE LOVE WORKING WITH US

We are meticulous, friendly and tidy up after our work

•

You are safe with our **100 day guarantee**

•

You are **protected** by our professional indemnity and public liability cover

•

We can work either **in your home or remotely**

•

We can loan you a laptop while we work on your computer

BOOST YOUR SPEED!

We can make your computers work even better and faster than when they were brand new!

TO GET HELP NOW, CALL MICHAEL ON

01223 85 30 20

hello@bluehouse.help · www.bluehouse.help

We get 5 star reviews on ★★★★★ Google

Blue House Computer Help, Cambridge Road, Oakington

DON'T NEED HELP AT THE MOMENT? SAVE ME FOR LATER, JUST IN CASE!

HAIR LOSS AND NEW GROWTH WORKSHOP

The Cancer Hair Care Specialists will guide you through an array of helpful cancer treatment-related hair loss subjects in the friendly, informal setting of Maggie's Cambridge.

From headwear, scalp care, scalp cooling tips, wig wearing, eyelashes and brows, right through to new hair growth, colouring and cutting.

- Free goody bag worth £20
- Headwear, wig guidance, scalp cooling tips, scalp care and new hair growth
- Eyebrows and lash make up
- All your hair loss and scalp questions answered by the friendly experts at Cancer Hair Care

Our aim is for you to leave feeling empowered, confident, cared for and more knowledgeable about subjects that may be helpful during hair loss. Hair loss can seem like a mystery, but with our specialist guidance, and caring approach, we hope that you will discover options that help you to maintain your individual sense of style.

When: Tuesday 10th June - 1.30pm - 2.45pm
Where: Maggie's Cambridge, 21 Milton House, Puddicombe Way, Cambridge CB2 0AD

Book in today at Maggie's – we're looking forward to meeting you!

01223 249220 | cambridge@maggies.org

Buttercups CHILDCARE LTD

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

Safe Seal

WINDOWS & DOORS

Family owned & operated
A++ Energy Rating
Friendly, personal service
Highest security standards
10-year insurance-backed guarantee

01223 881748
www.safeseal.co.uk

MANUFACTURED LOCALLY IN OUR CAMBRIDGE FACTORY

Assure certified installer

RELIABLE LOCAL
Cleaning Service

Are you looking for a reliable local cleaner? I live here in the village and can provide a bespoke cleaning service tailored to your requirements.

£12 per hour
References available on request

Contact Carla on 07307 097 806
(or email clmendez151@gmail.com)

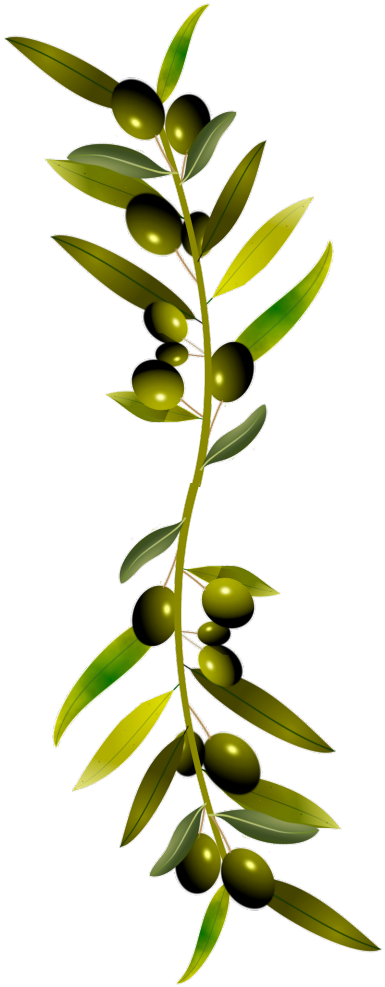
Olive Tree Bereavement Group

Olive Tree is a very welcoming group for those who have undergone loss or bereavement, where you can talk freely and where confidences are always respected. There will be time to share your experiences, join in discussions and get to know others in the group.

Our meetings are held at 10.30 am on the second Saturday of the month, in the Octagon, and the next one will be on Saturday 12th May. We would love to see you whether you are a regular member, a new member or if you have never been before.

If you are not sure whether the group is right for you, please phone one of us to discuss it. We welcome all newcomers but would ask that you come at 10am so that we can explain the format.

The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and who understand the pain and difficulties that this brings.



For more details telephone Sue Kenchington on **780260**, or Chris Stannard on **781978**.

Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site **barhillvillagehall.com** and email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

Paul Emeny

Mobile Fishmonger

Top quality fresh

Grimsby fish

Bar Hill Village Hall

Every Tuesday from

1-30 – 2-30pm

Tel: 07956 594762

Private Carer

Are you looking for :

- Befriender
- Medication preparation
- Prescriptions/ shopping collections
- Appointments / trips out
- Meal preparation
- Help around the house
- Light cleaning
- Respite
- Morning/bedtime calls
- Personal care

About me:

Bar Hill resident for 10+ yrs. I have worked in care for the last 20 years as I find it very rewarding. I treat all my clients as individuals and believe compassion and communication is the key to a great working relationship.

Phone: Laura **07540844186**

Email: **laurayardy@hotmail.com**

CV and references available upon request.

FOR FREE: BAR STALLS - 2 x Cream Leather Gas operated, ROLLER BLIND - Black & White 122CM Wide, PEDAL EXERCISER - Leg or Arm, MULTI YORK FURNITURE - 2 seater couch – Armchair 2 foot stalls - Fabric (see image). Call Tony on **07831 895007**

Hedgehog Fact: They are solitary animals – Hedgehogs usually live alone except during mating.

FRIENDS OF THE ROSIE

We hope all our customers are looking forward to Easter. Get in touch if you need any supplies for your egg hunt.

With your help we are raising money to make the Rosie a more comfortable environment for mothers and babies. The report of our AGM on 10th March is available to view on our website.

New members are always welcome, whether to contribute financially, to join our team of crafters, join our committee, provide transport for our volunteers or display a small selection of our wares. If you would like to donate some of your spare time check out our website's volunteering page for some ideas.

Thank you for your continued support and we wish you all the very best for the remainder of 2025.

Avril Williams | **01954 782431**
avril@rosieinstitches.org.uk
and Jo Hall | **01954 780304**

You can purchase online from our shop;
rosieinstitches.org.uk/wordpress/shop
You can also donate, just by shopping online in your usual stores, via Easy Fundraising. You can sign up to support us here;
easyfundraising.org.uk/causes/forh/

cda Cambridgeshire Deaf Association

Hearing Aid Maintenance session, every 1st Wednesday morning of the month from 10am to 12pm at Bar Hill Community Church, Viking Way CB23 8EH.

We'll be maintaining NHS hearing aids, replacing tubing and domes and supplying hearing aid batteries.

Our service also provides a wonderful volunteering opportunity either as a Technician, Receptionist or Host, full training is given. Please get in touch for more information.

riley.astrup@cambsdeaf.org | 01223 416141 | cambridgeshirehearinghelp.org.uk

THE LIBRARY PRESENTS

Papworth Library

Pendrill Court, Ermine St North, Papworth Everard CB23 3UY

Samba Drumming Workshop

Saturday 17 May
2.30pm

Running time: 2 hours
Suitable for:
Families (7+ yrs) and Adults
Tickets: £6.50 / £3

A high energy and all-inclusive experience that will get everyone having fun with beats and rhythms. Never touched a drum? Doesn't matter, **Anthony Paul** will support you to have a go. All instruments provided.

To book tickets and to see access information and full detail of the whole programme visit
www.library.live/the-library-presents

Supported using public funding by ARTS COUNCIL ENGLAND · Urban&Civic · Babylon ARTS · Cambridgeshire County Council

Bringing arts activities to venues across Cambridgeshire

UniPlumb Cambridge Ltd

Gas Safe Register

We offer a full range of plumbing and heating services including;

Full bathroom installation (& tiling)
Full central heating system installation
Vented & unvented cylinder replacement
Central heating power flushing
Repairs & maintenance
Shower installation
Water softener installation
Underfloor heating
Kitchen installation

To complement the above, we can also provide electrical, carpentry and plastering services

For a free quote please call **01954 212553** or email **info@uniplumb.com**

Alternatively visit our office at Unit 2 Mill Yard, Childerley Estates, Dry Drayton, Cambridgeshire. CB23 8BA

T.N. Walsh (AIP-RP)
Plumbing and Heating

Tel: **01954 780252**

Mobile: **07887 561525**

All plumbing and heating work, including power flushing

Acorn Avenue, Bar Hill, Cambs, CB23 8DT

24 hour service...No call out charges!

23354 026851

Est. 1989

Gas Safe Register

ciphe Chartered Institute of Plumbing and Heating Engineering

HINCHLIFFE BUILDING SERVICES

Craig Hinchliffe

07944 609868

Bar Hill Resident over 30years

Local, Honest & Reliable
Free Quotes
Extensions & Conversions
Kitchens & Bathrooms
Driveways & Patios
Windows & Doors
Floor & Wall Tiling
Painting & Decorating

hinchliffebuildingservices@gmail.com

GEORGE

D.I.Y. MAN

Small Electrical Jobs
Decorating
Woodwork
OAP Discounts
Lifetime of Experience

No Job Too Small

07544 871650

george1813@outlook.com

FRESHLY COOKED LOCAL THAI CUISINE IS ONLY 12 MINUTES FROM BAR HILL

WITH WARMING LOG FIRES, PARKING & BAR

CONTACT/RESERVATIONS
01223 262 327

The White Horse, 118 High Street, Barton. CB23 7BG

… TRADITIONAL PUB MEALS ALSO SERVED …

DRAKE
Heating and Plumbing

Boiler Installations
Bathroom Installations
Underfloor Heating Installations
Central Heating Installations
Boiler Servicing
Gas Safety Checks / Landlords
Boiler Breakdown
Emergency Call-outs

Mobile: **07496 503 770**
Office: **01954 781 478**
drakehandp@icloud.com

Find us on
Facebook.com/drakehandp

GAS safe™ REGISTER

Evergreens

A safe space for those with memory loss to enjoy:

- **Conversation**
- **Connection**
- **Celebration**

Accompanied by a carer, family or friend.

When: **The fourth Monday each month.**

Where: **The Octagon, Viking Way, Bar Hill, CB23 8EH**

Time: **10am – 11.30am**

Phone: **01954 206 120**

Email: church.office@barhillchurch.org.uk

ce Book: **DM Kevin Potts**

BOBS May 2025

What is BOBS you may ask? It stands for Bar Hill Old Boys.

BOBS is the successor to Crafts Shed that has been in this village for Five and a Half Years. Sadly, due to no accommodation being available where items could be made, we made the painful decision in our December Meeting to relinquish our Charitable Status. Our tools have either been sold or given to another Shed. We were able also to make two sizeable donations to two other charities.

What will BOBS do. We are here to meet as a Mens' Group on a Thursday Morning between 0930ish to 1130ish, where we will play board games such as chess, possibly table tennis etc. We also, will continue to plan visits to places of interest.

Should you require further information then either contact Nick Gunton on **07484 255514** or Chris Stannard **07711 623425**

BOBS
BAR HILL OLD BOYS

BAR HILL SPORTS & SOCIAL CLUB

FOLLOW US ON FACEBOOK & INSTAGRAM

WE ARE A FAMILY FRIENDLY MEMBERS' CLUB IN THE HEART OF THE VILLAGE. JOIN US FOR DRINKS WITH FRIENDS OR THE WHOLE FAMILY, A GREAT MEAL, ALL THE LATEST SPORTING EVENTS ON SKY & TNT, FANTASTIC ENTERTAINMENT, MONTHLY SPECIAL OFFERS AND OUR MONTHLY PLAY YOUR CARDS RIGHT!

EVERY WEDNESDAY & FRIDAY

GET 25% OFF Food

OPENING HOURS

	BAR	FOOD
MON	5-9PM	
TUES	5-10.30PM	
WED	5-11PM	5-9PM
THURS	5-11PM	
FRI	2-MIDNIGHT	4-9PM
SAT	12-MIDNIGHT	4-9PM
SUN	12-9PM	4-7PM

LAST ORDERS FOR FOOD 15 MINS PRIOR TO END OF FOOD SERVICE

WE WELCOME IN OUR NEW CHAIRMAN NEIL POOLE AND THE COMMITTEE FOR ANOTHER GREAT YEAR

WWW.BARHILLSSC.CO.UK

BHSSC.STEWARDS@BTCONNECT.COM

SHISH KITCHEN

· BAR HILL ·

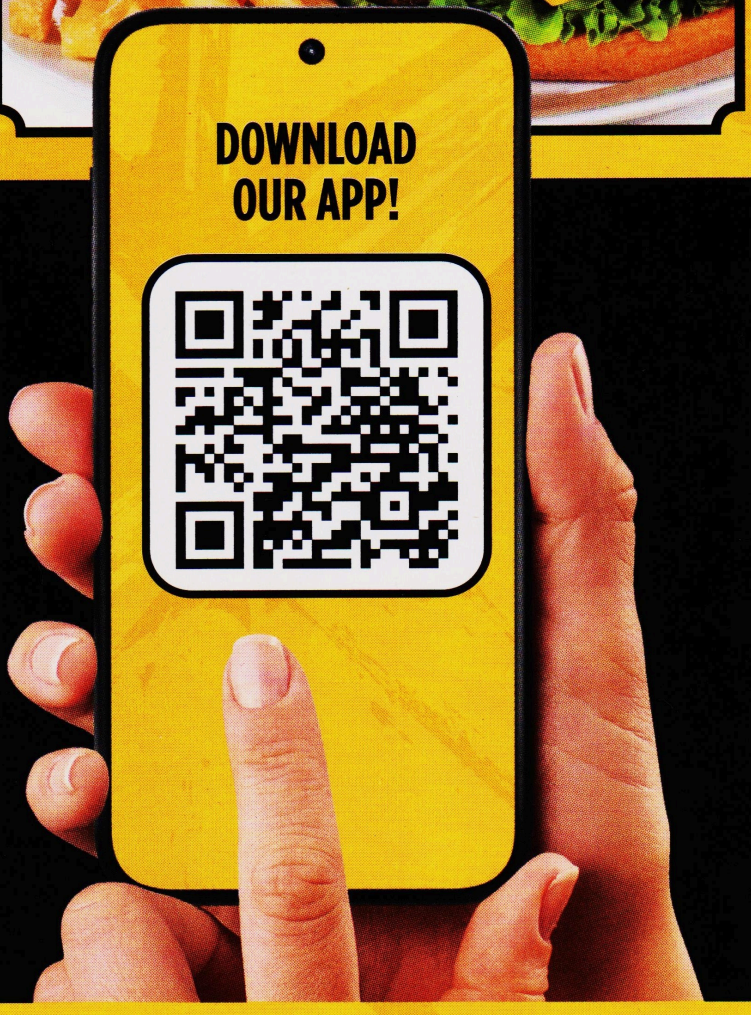
ORDER ONLINE NOW!

VISIT OUR WEBSITE or DOWNLOAD OUR APP

www.shishkitchenkebab.co.uk

GET IT ON Google Play

Download on the App Store



OPENING HOURS:
MONDAY TO SATURDAY
12:00NOON - 10:30PM

SHISH Kitchen Bar Hill

shishkitchen_barhill

07897 568699

**TRAFALGAR WAY
BAR HILL CB23 8SQ**